

# Turnip Greens

Turnip greens are another favorite easy garden grown vegetable. Both the turnip under the ground, and the leaves on top are usable, and edible. Both can be washed, chopped, and added to a salad raw. Or, steam them before eating. Chopped and used in casserole dishes, turnips maintain a texture similar to potatoes. Boiled turnip greens go well with most meat dishes. To avoid digestion problems, be sure they are diced and fully cooked. Turnip greens freeze reasonably well. Slice or dice the turnips before freezing for best results later. Bacon bits and an oil and vinegar solution add flavor.

## Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

## Meal Adaptations:

### Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

### Visual Accommodations:

- Colored chopping boards

## Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Mushrooms
- Onions
- Pepper
- Spices
- Turnips
- Turnip greens
- Vinegar

## Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham

Substitute with: \_\_\_\_\_

## Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 1 quart sauce pan

**Ingredients:****Meat:****Optional:**

1/4 cup of bacon bits, or  
1/4 cup of diced ham

**Vegetables:**

15 ounces of diced turnip greens  
1/4 cup of diced turnips

**Other ingredients:**

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

**Optional:**

2 tablespoons of vinegar

**Preparation time: 5 minutes**

**Preparation:****1. Wash and dice:**

1 turnip

15 ounces of turnip greens

**Dice optional:**

1/4 cup of bacon bits, or

1/4 cup of diced ham

**2. Add to 1 quart sauce pan:**

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

15 ounces of diced turnip greens

1/4 cup of diced turnips

**Optional:**

1/4 cup of bacon bits, or

1/4 cup of diced ham

**3. Cook over medium heat.****4. Stir every 10 minutes, turn heat down 1/3 each time.****5. On the plate, add up to 2 tablespoons of vinegar.**

**Cook Temperature: Medium to low**

**Cook Time: 30 minutes**

**Servings: 2 to 3**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.